



Para Powerlifting Training Schedule 21-23 August

The training time slot is 2 hours for each group.

On these dates, the sessions are OPEN to all NPCs. Please respect the time slot of 2 hours to enable all NPCs to access the training.

Location: Studio 4, Paralympic Village

version 20.08

Dates		21-Aug	22-Aug	23-Aug
Times				
Start	Finish			
13:00	15:00	Open session	Open session	Open session
15:00	15:10	Black out cleaning	Black out cleaning	Black out cleaning
15:10	17:10	Open session	Open session	Open session
17:10	17:20	Black out cleaning	Black out cleaning	Black out cleaning
17:20	19:20	Open session	Open session	Open session
19:20	19:30	Black out cleaning	Black out cleaning	Black out cleaning
19:30	21:30	Open session	Open session	Open session
21:30	21:35	Deep cleaning	Deep cleaning	Deep cleaning

Training Groups	NPC	Nr of Athletes	21-Aug	22-Aug	23-Aug
Group 1	OPEN to all		27 benches available		
Group 2	OPEN to all		27 benches available		
Group 3	OPEN to all		27 benches available		
Group 4	OPEN to all		27 benches available		



Para Powerlifting Training Schedule 23 - 27 August

The training schedule is devised on a fair rotational daily basis and must not be altered.
Teams should train at their scheduled group times on the bench number(s) identified below.
The training time slot is 2 hours for each group.

Location: Studio 4, Paralympic Village

version 20.08

Dates		24-Aug	25-Aug	26-Aug	27-Aug
Start	Finish				
08:30	10:30	Group 1	Group 3	Group 5	Group 2
10:30	10:45	Black out cleaning			
10:45	12:45	Group 2	Group 4	Group 6	Group 3
12:45	13:00	Black out cleaning			
13:00	15:00	Group 3	Group 5	Group 1	Group 4
15:00	15:15	Black out cleaning			
15:15	17:15	Group 4	Group 6	Group 2	Group 5
17:15	17:30	Black out cleaning			
17:30	19:30	Group 5	Group 1	Group 3	Group 6
19:30	19:45	Black out cleaning			
19:45	21:45	Group 6	Group 2	Group 4	Group 1
21:45	22:00	Deep cleaning			

Training Groups	NPC	Nr of Athletes	24-Aug	25-Aug	26-Aug	27-Aug
Group 1	ARG	1	15	15	15	15
	BRA	11	1,2,3,7,8,9, 13,14	1,2,3,7,8,9, 13,14	1,2,3,7,8,9, 13,14	1,2,3,7,8,9, 13,14
	CHI	4	5,6,11,12	5,6,11,12	5,6,11,12	5,6,11,12
	COL	5	17,18, 23,24	17,18, 23,24	17,18, 23,24	17,18, 23,24
	CUB	1	4	4	4	4
	DOM	1	10	10	10	10
	ECU	1	16	16	16	16
	ESA	1	22	22	22	22
	MEX	3	19,20,21	19,20,21	19,20,21	19,20,21
	PAN	1	25	25	25	25
	PER	1	26	26	26	26
VEN	1	27	27	27	27	
Group 2	MAR	2	13,14	13,14	13,14	13,14
	ALG	3	25,26,27	25,26,27	25,26,27	25,26,27
	EGY	13	4,5,6,10,11,12,16,17,18,24	4,5,6,10,11,12,16,17,18,24	4,5,6,10,11,12,16,17,18,24	4,5,6,10,11,12,16,17,18,24
	JOR	7	1,2,3,7,8,9	1,2,3,7,8,9	1,2,3,7,8,9	1,2,3,7,8,9
	TKM	1	23	23	23	23
	UKR	5	19,20,21,22	19,20,21,22	19,20,21,22	19,20,21,22
Group 3	UAE	1	15	15	15	15
	ARM	1	21	21	21	21
	AUS	2	25-26	25-26	25-26	25-26
	AZE	1	27	27	27	27
	GEO	1	22	22	22	22
	KAZ	5	6,10,11,12	6,10,11,12	6,10,11,12	6,10,11,12
	KGZ	1	23	23	23	23
	KSA	1	18	18	18	18
	LBA	1	24	24	24	24
	MDA	1	15	15	15	15
	MGL	1	17	17	17	17
	SRB	1	16	16	16	16
	IRI	6	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5
	TUR	5	13,14,19,20	13,14,19,20	13,14,19,20	13,14,19,20
MAS	3	7,8,9	7,8,9	7,8,9	7,8,9	
Group 4	CHN	16	1-14	1-14	1-14	1-14
	INA	3	15-17	15-17	15-17	15-17
	IND	4	'21,22,23,24	'21,22,23,24	'21,22,23,24	'21,22,23,24
	JAP	1	18	18	18	18
	KOR	4	19,20,25,26	19,20,25,26	19,20,25,26	19,20,25,26
	TPE	1	27	27	27	27
Group 5	CIV	1	16	16	16	16
	CMR	1	12	12	12	12
	GHA	1	11	11	11	11
	KEN	1	5	5	5	5
	IRQ	3	25,26,27	25,26,27	25,26,27	25,26,27
	NGR	9	1,2,3,4,7,8,9,10	1,2,3,4,7,8,9,10	1,2,3,4,7,8,9,10	1,2,3,4,7,8,9,10
	UGA	1	6	6	6	6
	UZB	8	13,14,15,19,20,21,22	13,14,15,19,20,21,22	13,14,15,19,20,21,22	13,14,15,19,20,21,22
Group 6	VIE	4	17,18,23,24	17,18,23,24	17,18,23,24	17,18,23,24
	ESP	1	22	22	22	22
	FRA	4	21,25,26,27	21,25,26,27	21,25,26,27	21,25,26,27
	GBR	7	1,2,3,7,8,9	1,2,3,7,8,9	1,2,3,7,8,9	1,2,3,7,8,9
	GRE	2	6	6	6	6
	CYP	1	10	10	10	10
	HUN	1	12	12	12	12
	IRL	1	16	16	16	16
	ITA	3	4,5,11	4,5,11	4,5,11	4,5,11
	POL	4	13,14,19,20	13,14,19,20	13,14,19,20	13,14,19,20
	POR	1	15	15	15	15
	RPT	1	17	17	17	17
THA	2	18	18	18	18	
USA	2	23,24	23,24	23,24	23,24	



Para Powerlifting Training Schedule 28-Aug

The training schedule is devised on a fair rotational daily basis and must not be altered.
Teams should train at their scheduled group times on the bench number(s) identified below.
The training time slot is 1 hour for each group due to the Opening ceremony taking place on this day.

Location: Studio 4, Paralympic Village

version 20.08

Dates		28-Aug
Times		
Start	Finish	
08:00	09:00	Group 1
09:00	10:00	Group 2
10:00	11:00	Group 3
11:00	12:00	Group 4
12:00	13:00	Group 5
No afternoon session. Opening Ceremony		

Training Groups	NPC	Nr of Athletes	28-Aug	
Group 1	ARG	1	18	
	BRA	11	1,2,3,7,8,9	
	CHI	4	4,5,6	
	COL	5	10,11,12	
	CUB	1	21	
	DOM	1	22	
	ECU	1	23	
	ESA	1	24	
	GBR	7	13,14,15,19,20	
	MEX	3	16,17	
	PAN	1	25	
	PER	1	26	
	VEN	1	27	
Group 2	MAR	2	21	
	ALG	3	6,12	
	EGY	13	1,2,3,4,5,7,8,9,10,11	
	JOR	7	16,17,18,23,24	
	POL	4	13,14,15	
	TKM	1	22	
	UKR	5	19,20,25,26	
	UAE	1	27	
	Group 3	ARM	1	11
		AUS	2	12
AZE		1	16	
FRA		4	13,14,15	
GEO		1	17	
KAZ		5	1,2,3,4	
KGZ		1	18	
KSA		1	21	
LBA		1	22	
MDA		1	23	
MGL		1	24	
SRB		1	27	
IRI		6	7,8,9,10	
TUR	5	19,20,25,26		
MAS	3	5,6		
Group 4	CHN	16	1-13	
	CYP	1	14	
	ESP	1	15	
	GRE	2	16	
	INA	3	19,20	
	IND	4	22-24	
	IRL	1	17	
	JAP	1	18	
	KOR	4	25-27	
	TPE	1	21	
	Group 5	CIV	1	19
CMR		1	20	
GHA		1	21	
KEN		1	22	
IRQ		3	13,14	
ITA		3	15,16	
NGR		9	1-6	
POR		1	23	
RPT		1	24	
THA		2	25	
UGA		1	26	
USA		2	27	
UZB		8	7-12	
VIE		4	17,18	

